

For Your Health

Eat for Your Health

You may have heard the saying, “you are what you eat”. Everything you eat becomes a part of you. What you put into your mouth greatly impacts your health. We have to eat every day, so why not plan and select healthy options? Certain foods have certain health benefits. It is important to know them so that we can incorporate them into our meals. Eating healthy can be easy and tasty! Join Community Health Nurse Joyce Cheng, RN on **June 12 at 11 AM**. Joyce will provide helpful meal planning information and suggestions, and shopping tips for healthy and affordable foods.



Trail Walks

Join Alissa for our June trail walk at Wilson Mill! Come see what's new at this on-going conservation project in Bedford. We'll walk the trail to get some fresh air and exercise! This will be a ½ -1 mile walk with some uneven ground. Please wear appropriate footwear. We will meet at the end of Old Burlington Rd at the mill site parking area on **Thursday June 26 at 1:00 PM**. Please call the Bedford Council on Aging at (781) 275-6825 to register by June 25.



Ombudsman Volunteers Needed!

Ombudsman volunteers visit people who reside in area long-term care facilities and rest homes to receive and resolve resident concerns. Ombudsmen are also a source of information on community resources and residents' legal rights. Volunteers receive training provided through the Massachusetts Executive Office of Elder Affairs. Volunteers must provide their own transportation, and are reimbursed for mileage. Volunteer time required is approximately two hours each week. If you are interested in finding out more about this volunteer opportunity, please call Minuteman Senior Services at (781) 272-7177.

Medicare and Mental Health Benefits

Since January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance. **Medicare Advantage** plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Psychiatrists are more likely to accept Medicare than other practitioners. Ask your provider if they take Medicare before you begin receiving services! Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services. **To better understand and access Medicare benefits, call us and ask for a free, confidential SHINE appointment to discuss Medicare health insurance.**

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Health Screenings

Podiatry Clinic: Friday, June 13

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, June 13 and Monday June 23

Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a “first come, first served” basis.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesday June 10** beginning at 10:00 AM and **Wednesdays June 4 and 18** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Rogers Hearing Solutions will be here on **Tuesday, June 10** at 9:30 AM. Joe Sarofeen of Apex Hearing will be here on **Thursday, June 19** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know

COA Board Meeting

The Council on Aging Board will meet on **Tuesday, June 10 at 12:00 PM** in the Flint Room. All are welcome to attend this public meeting. The COA board is an appointed committee that consists of volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

Meet with State Rep. Ken Gordon

Ken Gordon will be at the Current Events Group on **Thursday June 12 at 1:00 PM** to discuss state and local issues. The group meets in the Fitch Room on the second floor of the Town Center building. We hope to see you there!

Banking for Life

Representatives from our local Citizens Bank branch will be here on **Tuesday June 10 at 10:30 AM** to educate you on topics such as account options, knowing your credit score, as well as other services that are available to you.

Bench Dedication

*In Memory of
Frank Bauman
Saturday June 14
5:00 PM
Springs Brook Park*

Library Book Discussion - TUESDAY JUNE 3 AT 1:00 PM

Richard Callaghan, Director of the Bedford Free Public Library will lead a discussion at the COA on **Pilgrim's Wilderness: a true story of faith and madness on the Alaska Frontier** by Tom Kizzia. In *Pilgrim's Wilderness*, veteran Alaska journalist Tom Kizzia unfolds the remarkable, at times harrowing, story of a charismatic spinner of American myths who was not what he seemed, the townspeople caught in his thrall, and the family he brought to the brink of ruin. As Kizzia discovered, Papa Pilgrim was in fact the son of a rich Texas family with ties to Hoover's FBI and strange, oblique connections to the Kennedy assassination and the movie stars of *Easy Rider*. And as his fight with the government in Alaska grew more intense, the turmoil in his brood made it increasingly difficult to tell whether his children were messianic followers or hostages in desperate need of rescue.

What is Green Burial and Why is it a Good Choice?

Monday June 2, 1:00 PM

"Green burials" are catching on in some areas as an alternative to traditional burial. They are simple, often more affordable and environmentally friendly. Eva Moseley, member of the Green Burial Committee of Massachusetts, will educate you about this concept, discussing both the benefits and the challenges of green burial. **Please call (781) 275-6825 to register.**



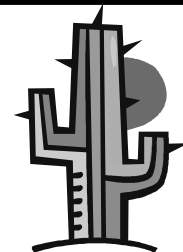
Choosing Your Retirement Path Monday June 16 at 10:30 AM

This seminar, presented by Michael Franco, covers topics concerning financial matters pertaining to older adults, such as:

- *Solutions to Help Maximize Retirement Income*
- *Preventing Assets From Depleting*
- *Various Investments Options*
- *The New Retirement Landscape*

Encore Presentation National Parks of the Southwest

Join Carol and Ron Reynolds on Wednesday June 18 at 1:00 PM as they travel through northern Arizona and Utah. The journey begins at the North Rim of the Grand Canyon followed by a float trip on the Colorado River. Then its on to the national parks of Utah: Canyonlands, Arches, Capitol Reef, Bryce and Zion.



Reading is for Everyone

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 200 newspapers over the phone and audio Described DVDs containing movies and TV shows. The library is part of the federally funded National Library Service. On **Wednesday June 4 at 12:30 PM** Gayle Yarnall will demonstrate the free, easy to use digital player. Gayle will also include a discussion of using an iPad or iPhone App to download and read NLS books. *Gayle Yarnall is totally blind and has been a Talking Book Library patron for almost 50 years.*

THE COMPUTER CORNER

Computer Club

A round table discussion will be held on **Wednesday, June 4 at 10:00 AM**. (Meetings will continue on 1st Wednesday of each month through the summer.)

Computer Drop-In

All are welcome! On June 3 and 5 from 2 to 3 PM. Our friendly Computer Club volunteers will be here to help those with questions about any aspect of computer use. ****Please note that after June 5, Drop-in will be suspended until September. If you need assistance, please contact the COA at 781-275-6825 to arrange an appointment over the summer. ****

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com.